

PERFECT EGGS

... AND MUCH
MORE



Perfect Egg Sandwich / Kitchen Ape

<https://www.youtube.com/watch?v=wnrl7FuPA-c>



How to make a McMuffin style egg with egg rings!

<https://www.youtube.com/watch?v=9gBeBdsWI9E>



Beach Breakfast - Scrambled Eggs Sausage Ring Recipe

From: <http://www.familycookbookproject.com/recipe/2424931/beach-breakfast---scrambled-eggs-sausage-ring.html>

Ingredients

14 eggs
1/2 c. milk
1/2 c. applesauce
1 small onion, chopped
1 1/2 c. bread crumbs
1 tsp. salt
2 lbs. ground sausage

Directions

ring mold with wax paper for sausage mixture. Beat 2 eggs with milk and add to sausage. Add onion, applesauce, bread crumbs, and salt. Mix well and stir in sausage.

Spoon mixture into ring mold and refrigerate over night. Remove mixture from mold and place on foil covered cookie sheet or pan. Bake 350° for 1 hour.

Scramble 12 eggs and fill center of sausage ring with the cooked eggs. Let sit for 5 minutes after baking before adding the eggs.

I fried the egg in a ring to give it a round shape. Serves 10

Watch as McDonald's Executive Chef Dan Coudreaut demonstrates an easy

<https://www.youtube.com/watch?v=d2kXF-s3-QY>



COLORFUL EGG RINGS RECIPE



COLORFUL EGG RINGS (Serves 4)

Ingredients

Monnaco salted biscuits 15

Eggs hard boiled 5

Tomato ketchup 1 tbsp

Coriander or mint leaves few

Green chilly sauce few drops

Method

Place Monaco biscuits in serving tray

Cut Egg into thin circular rings

Place one egg slice each on biscuits

Place a drop of tomato ketchup in the center of egg yolk (Do not cover the yellow part completely)

Put a dash of Chilly sauce in center of tomato ketchup

Place coriander or Mint leaf on top of chilly sauce

Serve it



POACHED EGGS, SPINACH, PROSCIUTTO AND PARMESAN

INGREDIENTS

Pinch of salt - 8 eggs - 20 g ($\frac{3}{4}$ oz) butter - 1 garlic clove, minced - 180 g (about $6\frac{1}{2}$ oz/1 bunch) - English spinach, leaves stripped and washed - Drizzle of olive oil - 60 g ($2\frac{1}{4}$ oz) thinly sliced – Prosciutto - 105 g ($3\frac{1}{2}$ oz/ $\frac{1}{2}$ cup) semi-dried (sun-blushed) tomatoes - 4 thick slices sourdough bread, toasted - Shaved parmesan cheese, to garnish

METHOD: To make the poached eggs, fill a large, wide frying pan with water, add the salt and bring to the boil over medium heat. Arrange eight egg rings in the pan and crack an egg into each ring. Reduce the heat to low and poach the eggs until cooked to your liking.

Use an egg slice to remove the eggs and rings, drain on a clean tea towel and put onto a large plate until ready to serve. Melt the butter

in a medium saucepan over medium heat. Add the garlic and cook for about 1 minute, or until softened but not browned.

Add the spinach, cover with a lid and cook for 1–2 minutes, or until wilted.

Heat the olive oil in a separate frying pan over medium heat. When hot, add the prosciutto and cook for a few minutes until crispy, adding the tomatoes at the last minute to warm through. Pop the toast onto serving plates, top with the spinach, eggs and the prosciutto mixture, scatter over some shaved parmesan and serve immediately.

Egg, Cheese, and Bacon Breakfast Sandwiches (McMuffin copycat)

These McDonald's inspired breakfast English muffins taste just like the real thing, except they're made with a fraction of the calories and sodium.

Author: Karen @ The Tasty Bite

Ingredients

6 eggs - 6 plain or whole wheat English muffins, split in half
6 Canadian bacon - 6 American cheese - Cooking spray

Instructions

Spray 6 muffin tins with cooking spray and crack an egg into each one. Season with salt and pepper. Poke the yolk with a fork and swirl it around to distribute the yolk. Bake eggs at 350F for 15-20 minutes, or until set. Let the eggs cool before removing them from the pan.

Meanwhile, toast Canadian bacon on both sides in a nonstick skillet coated with cooking spray until lightly browned.

Layer each English muffin with egg patty, Canadian bacon, and cheese. Repeat with the remaining muffins.

Serve immediately or wrap tightly in plastic wrap and store in the fridge. To reheat, microwave on high for one to two minutes. Serving size: 6



Sandwich with ham and egg

Ingredients:

Bread - Ajvar [Mama's](#) (ajvar is dip made from roasted red peppers, roasted eggplant, sunflower oil and seasoned with salt)

Ham – Egg - 1 ripe avocado - Olive oil - Salt & pepper - Oregano

Sprinkle a little bit of olive oil over the bread slices. Season with salt, pepper and oregano. Grill the bread in a grill pan until fine and crispy on the outside.

Cook the egg sunny side up in a frying pan with a little bit of olive oil, season with salt and pepper and set aside.

Mash the avocado in a small bowl and season with salt and pepper.

Assemble the sandwich: Spread a little bit of the ajvar over the first slice of bread, top it with the mashed avocado, arrange a couple of slices ham over the avocado and place the second slice of bread on top.

Spread some more of the ajvar and avocado over the second slice of bread and top with ham. Place another slice of bread over the ham and top with the egg.

Serve immediately or pack for a lunch on the go!



Egg in a Ring

From: <http://www.fitnessmagazine.com/recipes/breakfast/easy-egg-recipes/>

Heat 1 teaspoon canola oil in a small nonstick skillet over medium heat; place one 3/4-inch-thick red or yellow bell pepper ring in skillet. Crack an egg into center of ring and cook until white is just firm, 1 to 2 minutes; flip and cook about 2 minutes more. Serve with 1/4 avocado, thinly sliced, and 1 slice whole wheat toast.

ASPARAGUS & PARMESAN PASTA WITH A FRIED EGG

<http://foxeslovelemons.com/asparagus-parmesan-pasta-with-a-fried-egg/>



ONION RING, SAUSAGE & EGG STACKS



Bacon and Egg Breakfast



Eggs Benedict.

All he needed was egg rings.

To make eggs benny, you need:

- English Muffins or Potato Pancakes
- Eggs
- Sliced ham
- Sauce (see below)

Place the egg ring in a pan and crack an egg into the center.

Cover with a lid and allow to sit until the egg is cooked.

Poaching the egg or frying it without an egg ring is also *totally acceptable*, but as it turns out, the Daddy is an even bigger

perfectionist than the Mama and he insisted the eggs be perfectly round.

Equally Important Priority Number Two: Make the sauce.

The pups at Casa de Kolchak aren't much for fine french butter sauces, so we skipped the hollandaise and went with a yogurt cheese sauce. I woofing *love* cheese. Love it.





- 1/4 cup chicken stock
- 1/8 cup cheddar cheese
- 1/3 cup greek yogurt (Why greek yogurt you ask?)
- Optional: 1 small pinch garlic powder

The yogurt cup. It is fancy.

In a saucepan, heat the chicken stock. Once hot, add the yogurt and stir until heated. Add cheese and garlic powder. Stirring frequently until cheese melts and sauce thickens.

Let's build this benny!

Layer the english muffin/potato pancake, ham and egg. Top with a tablespoon of sauce.

Eggs Benedict is woofing delicious! I licked my plate clean. I mean really, wouldn't you? *It had cheese sauce.*

Fried Eggs Bonanza Spaghetti

<http://www.wellsphere.com/healthy-cooking-article/recipe-fried-eggs-bonanza-spaghetti/1004402>



Sausage and Egg Muffin Breakfast Recipe

<https://www.youtube.com/watch?t=212&v=AmS0leMsG1M>



Poached Egg Recipe

http://www.chocolateandchestnuts.com/poached_egg.php



Salmon eggs benedict

<http://www.aww.com.au/food/recipes/2006/5/salmon-eggs-benedict>



How To Make A McMuffin Style Egg With Egg Rings

<https://www.youtube.com/watch?v=9gBeBdsWI9E>



Marjorie's Candies Egg McMuffin Style breakfast sandwich

https://www.youtube.com/watch?v=UI_QhhQ3Zvo



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